

MODERN HYPNOTISM

BY
G. GILBERT BONNER

CONTENTS

THE SCIENCE OF MODERN HYPNOTISM

THE MEDICAL VALUE OF HYPNOTISM

HYPNOTISM and BIRTH CONTROL

STERILITY IS SOMETIMES CURABLE

HYPNOTIC ABORTION

THE LONDON PSYCHOTHERAPEUTIC CLINIC
INTRODUCING THE AUTHOR

Issued by, and obtainable from,
The London Psychotherapeutic Clinic
1 FRANCIS ROAD, LEYTON, LONDON, E.10.

PRICE - ~~ONE SHILLING~~
Free Copy.

THE SCIENCE OF MODERN HYPNOTISM

The development of hypnotism upon a scientific basis was due in the first place to the efforts of James Braid, a Manchester Surgeon, about 106 years ago. It was he who first recognised that the hypnotic phenomena was really subjective in origin and did not depend upon any magnetic "fluid" as the champions of mesmerism, or animal magnetism had supposed.

It was Dr. Liebault of Nancy, however, who developed the knowledge of hypnotism more fully by recognising that its curative powers and other phenomena depended upon suggestion.

Dr. H. Bernheim, surprised at the result obtained by Liebault, went to study his methods. As a result he himself took up the practice of hypnotism and (as he already possessed a wide reputation), did much to advance this new science.

Soon the leading physicians in all European countries began practising this method. Today, due in many respects to our great progress in our knowledge of psychology, hypnotism has become a recognised science, and one of great value to the modern psychotherapist.

One of the greatest obstacles that has always hampered the progress of hypnology has been the very mistaken ideas entertained regarding this practice. Few realise that the majority of people (about 90%) can be hypnotised by any experienced operator and that normal healthy individuals prove by far the best subjects. It is quite untrue to think that only weak-willed, hysterical people can be influenced, for these, by reason of their bad powers of concentration, are the hardest to affect.

There is also no danger in the practice of hypnotism provided one chooses an experienced operator (one trained in normal and abnormal psychology). No one in hypnosis will accept or act upon any suggestion that is contrary to his deep inner principles for the subject is by no means a puppet in the operator's hands. The actual hypnotic state closely resembles normal sleep, for there is usually complete relaxation of all the muscles and the subject is in a passive condition. However, the hypnotised subject, unlike the normal sleeping person, is en rapport (in communication or relationship) with the operator and hears all he says. This rapport can be explained by the fact that the operator is uppermost in the subject's mind

as he goes to sleep. In normal sleep, as soon as consciousness is lost, the subject is only in relationship with himself whereas in hypnosis the concentration of the subject's attention upon the hypnotist and his mental retention of the idea of the one who put him to sleep is the cause of rapport. The very sound of the operator's voice prevents the subject from sinking into a too deep sleep and suspends him, as it were, between waking and sleeping. There are various stages or degrees of hypnotic sleep, from the lightest, where the subject merely feels restful and drowsy, to one of profound sleep or trance called (artificial) somnambulism.

An important feature of the hypnotic state, and the reason why suggestions are more effectively realised in this than the normal condition, is the fact that the subject's field of mental activity is cut down. His associations are so limited that he only perceives and thinks what the operator wishes. Thus, his whole nervous force can be fixed on a single idea, although this concentration may be changed from one point to another, but the focus alone shifts its place, and concentration continues.

The deeply hypnotised subject can also utilise sensory impressions too weak for him in a normal state and he can imagine things so vividly that he hallucinates them. On the other hand he is able to shut off completely from his mind actual sensory impressions (negative hallucinations). He also has memories at his disposal of which he normally does not know anything and this is a proof that deep hypnosis is an appeal to the subconscious mind.

Dr. Bramwell records that when questioning subjects in a normal state as to their earliest memories they could recall nothing before the age of five or six. But when hypnotised some of them related events that happened before the age of two and, he said, that one described a party given at the first anniversary of her birthday.

Another interesting feature of hypnosis is post-hypnotic suggestion. Thus suggestions given to a deeply hypnotised subject that he will carry out some action at a given time after waking are acted upon. If you tell A that in two weeks' time on Tuesday at 10 o'clock he will write you a letter he will do so. If asked why he is doing it, he will probably explain that he suddenly decided to write, not realising that he is carrying out a suggestion given him previously by the hypnotist.

Most of the therapeutic results obtained are due to the post-hypnotic effects of suggestion.

Many theories have been advanced in an attempt to explain the nature of hypnosis, but most of these have today been rejected.

Upon the physiological side we realise that the state of the brain during hypnosis probably depends upon disassociation, which supposes the formation and breaking of links between various brain centres by a physiological process. On the psychological side and the one that has recently received most attention we know that hypnosis is induced by the suggested symptoms of relaxation, tiredness and sleep.

However, the acceptance of these suggestions depends upon the submission of the subject to the

authority of the hypnotist and the basis for this submission can be traced back to deep psychological processes.

It must be realised that there is no such thing as hypnotic power. The results are simply due to suggestion, which is a process whereby under proper conditions influence is exerted by manipulating in a psychological manner the imagination of the subject.

As Dr. Albert Moll once said, "Hypnotism is a mine for the psychological investigator for hypnosis is nothing but a mental state."

In conclusion we see that there is nothing mysterious or occult in the practice of hypnosis which today is a recognised science. Its great value in therapeutics will be discussed in the following article.

THE MEDICAL VALUE OF HYPNOTISM

Before anyone can appreciate just how hypnotism can be of value in the treatment of disease, it will be necessary for them to understand something of the functions of the brain and nervous system.

First, it must be realised that every part of the human body is represented in a brain cell, and is regulated by the brain. All the organs and functions then are subordinate to mental states (for the brain is the organ of the mind), and therefore by determining these states by appropriate hypnotic suggestion we can act on all the organic functions.

I would like to emphasise, however, that our conscious mind can only partially control a few of the bodily functions such as the bowels, the bladder, the sex organs and the salivary glands, the rest of the complex functions of the body are not under our conscious control, but are regulated through the sympathetic nervous system by the subconscious mind. It therefore becomes obvious that only by acting on the sub conscious can we hope to influence bodily functions. The only method to achieve this end is to utilise the special condition of hypnosis for giving suggestive treatment, as by this means we make a direct appeal to the subconscious mind. It will thus be realised that suggestion applied in hypnosis direct to the subconscious has far more power than if given during the normal conscious state.

In the treatment of, for example, organic disease by hypnotic suggestion we can suppress pain, modify function, let the organ rest, calm the fever, retard the pulse, induce peaceful sleep and encourage secre-

tion and excretion, and thus we permit the activity of the forces and the properties inherent in the biological elements to accomplish their work.

In the past this direct persuasive use of suggestion under hypnosis was the only type of hypnotherapy used, but, today we also have the valuable technique of hypnoanalysis. This is a system of treating the mental aspect of disease combining any form of psychoanalysis with hypnotism. Brevity is implied because hypnosis provides a short cut to hidden complexes and repressed material. There are various techniques used in hypnoanalysis. One of these, called "regression," is used to take a patient back year by year to earlier periods of his or her life, and thus long-forgotten experiences can be brought to light.

Dr. S. J. Van Pelt recently stated in the "Sunday Express" that "hypnotism can give results in an hour that might take 300 hours of psycho-analysis."

I recently used this technique (hypnoanalysis) to cure a case of stuttering, and another case diagnosed as, and presenting all the symptoms of, asthma. In both cases I regressed the patient to earlier periods of life proceeding the onset of their illness, and by then bringing them forward again through the years, learnt in detail of the development of their symptoms which were psychologically caused.

This technique offers great possibilities in both functional and psychosomatic disease.

It must be realised that there can be no clear-cut distinction between so-called functional and organic

disease, as I have elsewhere pointed out,¹ for even organic disease can be the result of bad auto-suggestion and mental conflict. In such cases one can often trace a sequence as follows:

1. Disturbances of mind through worry, anxiety, etc., leading to
2. Disorders of nerve centres—reflected in lowered local nutrition, which leads to
3. Organic disease.

For this reason it is essential that even apparently mild nervous disorders should receive correct treatment (not so-called nerve tonics and bromides) along psychological lines, and thus prevent the development of more serious disease. Medical readers should bear in mind that so-called hysterical lesions sometimes become chronic structuralised, and actual tissue-destructive lesions can be and have been caused by suggestion—i.e., as the result of ideas alone. The scope of hypnotic treatment is very wide and even in cases where it cannot cure it is always beneficial.

In many forms of rheumatism hypnotic suggestion often gives striking results. It frequently removes pain even in Rheumatoid Arthritis. In early cases it has apparently arrested the progress of the disease and restored the joints to comparative comfort. Exophthalmic Goitre often yields surprising results to hypnotic suggestion, and the cases cured do not relapse as later reports after three years show. Some skin diseases have also responded to this treatment, but this is not so surprising when we realise that they are often of nervous origin. Herpes and Urticaria may be regarded as a vaso-motor neurosis. Favourable results have also been obtained in the treatment of diabetes by hypnotic suggestion; several cases being reported by well-known medical practitioners. Dr. Mohr described a case in which he could make the sugar disappear by hypnotic tranquillising and reappear by causing uneasiness. Absurd as it would have seemed a few years ago, in infectious diseases too, psychotherapeutic management is often useful. In tuberculosis hypnotic treatment can add at least 40% towards cure. Sound refreshing sleep can be induced, the night sweats moderated, the cough suggested away, constipation can be overcome, the appetite increased and a favourable condition of mind induced. Thus we are greatly assisting the healing forces of nature to accomplish their work. As long ago as 1839, Dr. Chandel, a Parisian physician, took in hand two sisters both suffering from incipient tuberculosis, and with the assistance of a three months' "trance," and daily suggestive treatment, both patients were completely cured.

In my opinion the psychology of tuberculosis cases is a subject that should receive more attention. Blindness through functional paralysis of the optic nerve and a host of cases of deafness are also

readily curable through hypnotism. The majority of menstrual disorders are better treated by hypnotic suggestion than by anything else in this world. Whether menstruation be painful, profuse, scanty, or abnormally suppressed seems to matter very little—it can generally be corrected. Dr. A. Forel states, "One can produce menstruation in women by simply prophesying during hypnosis or can cause it to stop. One can regulate its intensity and duration. I have been able to obtain certainty punctually to the minute, both as regards the commencement and termination in some subjects." I have myself been able to record many successes in the treatment of such cases. (See my articles, "Hypnotism and Healing,"² "Some Cases I Have Cured by Hypnotism,"³ and "Hypnotism in Gynaecology, Obstetrics and Birth Control."⁴ Dr. Forel was able in several of his cases to regulate the menstruation for years in such a way that the periods always appeared on the same day of the month—e.g., the first—no matter whether the month had thirty-one, thirty or twenty-eight days.

General interest has recently been aroused by the newspaper accounts of the use of hypnosis in securing painless childbirth. However, this is nothing new. In England in 1891 Dr. C. Kingsbury published a case in the British Medical Journal. The mother, a fourteen year old girl, was delivered of a female child weighing 8½ lbs. absolutely without aid and free from pain.

In more recent times, Dr. Gustav Heyer has said that in his opinion "birth in hypnosis is absolutely ideal in comparison with the popular twilight sleep." Not only can hypnotic suggestion render labour painless, it can also regulate its course by regulating the position of the body and limbs and increasing or diminishing the uterine contractions through the action of the voluntary muscles. Drs. Fanton, Bourdon, and Bonjour also state that the time of delivery can be suggestively determined.

Many other troubles of pregnancy can be overcome by hypnotic suggestion, especially the vomiting. Increased secretion of milk can also be brought about.

To conclude this article on the medical value of hypnotism I will give a list of some of the diseases in which hypnotic treatment has been found of value either as a means of complete cure (when possible) or relief.

Alcoholism, Morphinism, Cocainism, Smoking Habit, Stammering, Stuttering, Sexual Perversions, Excessive Nocturnal Emissions, Masturbation, Bed-Wetting, Chorea, Certain cases of Asthma, Neuritis, Neuralgia, Neurasthenia, All Nervous Disorders, the Neurosis and War Neurosis, Headache, Earache, certain forms

1 "The Future of Psycho-therapy." World Service Magazine, November, 1945.

2 "World Service Magazine," April, 1945.

3 "World Service Magazine," August, 1945.

4 "The Healer," November, 1947.

of Rheumatism and Arthritis, Insomnia, Uneasy Dreams, Functional Paralysis and Contractures, Organic Paralysis and Contractures (as palliative means), Blindness from functional paralysis of the optic nerve, various other eye disorders, Writer's Cramp, Spasmodic Wry Neck, Hysteria, certain cases of Epilepsy, Bashfulness, Delusions, certain cases of Heart trouble, Irregularities of Menstruation, Climacteric disturbances, Dyspepsia, Constipation, Loss of Appetite, Defective Circulation, various Skin Complaints, etc.

Hypnosis is also used as a method of inducing anaesthesia for the performance of minor surgical operations, particularly dentistry. In the past of course, many major operations took place under hypnosis but its use in this sphere is limited. Enough has now been said, I think, to give some indication of the benefits to be obtained by the expert application of hypnotherapeutics to the problems of disease. Its uses in new directions will be discussed in the following articles.

HYPNOTISM and BIRTH CONTROL

"Introducing a new technique in the natural control of conception which abolishes the need of all artificial, mechanical and chemical aids."

It may seem very strange to suggest a connection between hypnotism and the problems of family limitation but nevertheless it is possible in some women to control conception by suggestion in deep hypnosis.

The great value of this technique is obvious for family limitation is a subject that necessarily affects the majority of married couples.

To many thousands of couples, however, because of either religious principles or health considerations or a natural repugnance of the use of artificial means for this purpose is wholly repugnant.

For most of these people a new and natural method of the control of conception is now possible.

By this process it is possible to induce a form of sterility, and without resort to any operation. One great advantage of this technique is that the sterilisation can be either permanent or for a specified period as the ban on conception can be REMOVED should ever it be desired.

This method in no way interferes with normal sexual life—indeed it allows it to become more natural and complete for the use of all artificial, mechanical, and chemical means of birth control becomes unnecessary.

Several cases of the use of this technique have now been published. One of the pioneers of this treatment in England was Alex Erskine. He records⁵ the case of a woman who had had four children and in the opinion of two eminent gynaecologists, must have no more.

"It was not (he states) one of those cases where there was a grave risk to life. Permanent ill-health was rather her lot if she had another child. Her own medical adviser sent her to me. I put her to sleep (induced hypnosis) and made the appropriate suggestion.

"She was still quite young—well on the right side of thirty—but she had no more children. By her own will conception became an impossibility. So it is in all such cases."

Another practitioner, F. Addis, in an article called "Hypnotism and Fear of Childbirth"⁶ gives a similar case.

One interesting feature of this case was that ten years after having received the treatment (hypno-sterility) this woman returned and asked for the ban on conception to be removed. This was done, and, about one year later she gave birth to a normal healthy male child.

Professor August Forel of Zürich was an authority on this type of regulation and published several cases.

Even as long ago as 1892 T. J. Hudson stated: "It is possibly true that conception could be prevented by hypnotic suggestion."⁷ I first publicly mentioned the value of this treatment in an article called: "Some Cases I Have Cured by Hypnotism"⁸ and also later in another article: "Hypnotism in Gynaecology, Obstetrics and Birth Control."⁹ When I first began my investigations into this subject I communicated with several of the country's leading medical specialists and gynaecologists seeking their opinion. As a result of this action, I have now in my possession several letters confirming the genuine value of this technique. These letters were written to me in confidence and therefore I must naturally refrain from publishing the names of the doctors concerned. Their kind co-operation was, however, most helpful in securing medical support for my theories. In the past I have deliberately refrained from making public the basis upon which the technique of hypno-sterility operates. This was so as to avoid its attempted use by inexperienced and therefore unqualified practitioners. However, in order to convince the medical readers of the value of this treatment it now becomes necessary

5 "A Hypnotist's Case Book" (Rider & Co.), page 124.

6 "World Service Magazine," October, 1946.

7 "The Law of Psychic Phenomena" (Putnam's), page 135.

8 "World Service Magazine," August, 1945.

9 "The Healer Magazine," November, 1947.

for me to briefly touch upon its method of achieving the desired results.

Those who understand the true nature of conception, will realise that hypnotic suggestion cannot prevent fertilisation of the ovum by the sperm should coitus take place during the fertile period of ovulation. However, it is not the mere coalescence of the sperm with the ovum which completes conception but the attachment of that impregnated ovum to the wall of the womb. It is this attachment or implantation of the impregnated ovum in the womb that can be prevented in deep hypnosis by appropriate suggestion acting on the vaso-motor system.

Even Dr. Marie C. Stopes, the well-known writer of many books dealing with Marriage and Birth Control was to some extent aware that mental influences could prevent conception, for in her book "Married Love" she writes: "It has been stated by

a medical man of considerable weight in the last century that there are women among those races to whom sex-knowledge is not taboo who can voluntarily control conception at will and consciously expel an impregnated ovum by mere exercise of nervous force."

This same principle operates in the technique, which for simplicity's sake I have called hypno-sterility. Naturally this treatment cannot be applied to all women, one must have a good hypnotic subject. Nevertheless, once this technique has been applied, conception becomes an impossibility and no other means of birth control need be employed. No operation is necessary. There is no interference with normal sexual life. Desires are normal. As I have mentioned before, the ban on conception can be removed later if it is desired and the woman made fertile again. This then appears to be a most superior method of birth control that will be welcomed by all.

CHILDLESSNESS (STERILITY) IS SOMETIMES CURABLE

Perhaps I may mention here the opposite use of hypnotic suggestion—namely the cure of certain cases of sterility in women. Contrary to the opinion of some, sterility is not always a disease, it may be psychological. Emotional tension for instance may prevent a woman having children. In such cases appropriate psychotherapeutic treatment can often lead to a cure.

Another cause of sterility especially in couples of low fertility is the failure to select the most likely days of fertilisation for coitus—the ovulation period. It should be realised that the ovum can only be fertilised during about five days in the month although this fertile period varies from woman to woman and often in the same women according to her menstrual cycle. However, an expert, familiar with the researches of Doctors Knaus and Ogino can, by studying the dates

of a woman's menstrual cycle and cycle form, arrive at the probable fertile and sterile periods of the month. By putting this knowledge into practice and concentrating coitus around the most likely fertile days, conception will be more likely to take place.

I have been able by a combination of psycho-physical treatment to cure several cases of apparent sterility and so far as I am aware, I am the first practitioner to use this technique in the treatment of such cases.

Naturally only certain cases of sterility can be treated by these methods, and then only in the female. The cure of sterility in the male is a different matter and on this subject I am not willing to express an opinion.

HYPNOTIC ABORTION

The production of abortion by means of hypnotic suggestion has been achieved abroad.¹⁰

Both Dr. Albert Moll (the famous Berlin Physician) and Professor August Forel were aware of this procedure. Dr. Laurent reported a case in which a medical student hypnotised a cousin, whom he had put in the family way and suggested the symptoms of abortion for a definite time (suggestion à échéance). The abortion set in at the required time.

According to Alex Erskine, the production of abortion by hypnotic suggestion is as simple as the

achievement of sterility.

In deep hypnosis, as I have previously pointed out, it is possible to produce menstruation by suggestion acting on the vaso-motor system, and bleeding can also be easily produced from the mucous membrane. In the producing of abortion, several things have to be taken into consideration—the time factor, and the suggestibility of the patient. This technique would not succeed in all cases, but it nevertheless proves the extent to which the physiological functions can often be controlled by suggestion in some subjects.

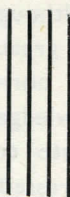
¹⁰ To attempt to procure abortion in this country is illegal, and this reference to hypnotic abortion is given purely to demonstrate the action of advanced suggestion upon the physiological functions. (Author).

The London Psychotherapeutic Clinic.

Principal

G. GILBERT BONNER, F.H.A., (Lond.)

Consulting Psychologist and Medical Hypnotist
and Assistants.



Any person desirous of consulting Mr. Bonner on Psychotherapeutic treatment should write to the address below giving all possible relevant details of the case, including age, sex, duration of illness, etc., enclosing a stamped envelope for a reply.



1 Francis Road, Leyton, London, E.10

(Few minutes from Leyton Central Underground Station,
and about twenty minutes direct from West-End).

INTRODUCING
G. GILBERT BONNER
THE AUTHOR OF THIS BOOKLET

George Gilbert Bonner was born in Toronto, Canada in 1922. His parents brought him to England when he was a child and he was educated at college in this country. Early in the war 1940 he volunteered for the army (being an expert marksman) and joined the 7th Essex Infantry Regiment. Later when discharged he made the acquaintance of a Doctor A. C. D. Telfer who was to become his personal friend and instructor. Under his influence he became greatly interested in applied psychology and hypnotism. Although by the untimely death in 1942 of Dr. Telfer he lost a great friend, he nevertheless continued in his daily studies of normal and abnormal psychology determined to apply his knowledge thus gained for the benefit of man. Later he came into contact with another medical psychiatrist who greatly impressed with his idea and writings also encouraged him in his training. During the latter part of the war Mr. Bonner began treating his first cases, and, encouraged by the success of these early experiments, he opened in 1944 "The London Psychotherapeutic Clinic." In 1945 he was awarded the Honour of Fellowship (F.H.A., Lond.). Since then he has written many articles on psychotherapy and hypnotism, and has also been in daily practice at his London Clinic. It is his desire, as soon as he can raise sufficient funds to open another clinic in the West-End of London and perhaps also in other parts of the country. Every penny raised in the sale of these booklets will be put towards the cost of this new venture. To conclude, I would like to state that Mr. Bonner is a sincere and genuine young man who has worked hard to gain his present position. He is an experienced psychotherapist and an expert on hypnotism and can speak with authority on these subjects.

This booklet I am sure will prove of great interest to both the general and scientific reader as it tells of the application of hypnotism to many problems that confront us in everyday life.

PAUL VACHET, Ph.D.

Published 1947 (1000 copies).